



Younger Next Year: Live Strong, Fit, and Sexy Until You're 80 and Beyond

By Christopher Crowley, Dr. Henry S. Lodge

Workman Publishing, United Kingdom, 2007. Paperback. Book Condition: New. Reprint. 206 x 130 mm. Language: English . Brand New Book. Turn back your biological clock. A breakthrough book for men--as much fun to read as it is persuasive-- Younger Next Year draws on the very latest science of aging to show how men 50 or older can become functionally younger every year for the next five to ten years, and continue to live like fifty-year-olds until well into their eighties. To enjoy life and be stronger, healthier, and more alert. To stave off 70 of the normal decay associated with aging (weakness, sore joints, apathy), and to eliminate over 50 of all illness and potential injuries. This is the real thing, a program that will work for anyone who decides to apply himself to Harry's Rules. Harry is Henry S. Lodge, M.D., a specialist in internal medicine and preventive healthcare. Chris Crowley is Harry's 70-year-old patient who's stronger today (and skiing better) than when he was 40. Together, in alternating chapters that are lively, sometimes outspoken, and always utterly convincing, they spell out Harry's Rules and the science behind them. The rules are deceptively simple: Exercise...



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Reviews

I actually began looking at this pdf. It is actually really interesting through reading time period. You will not really feel monotony at any time of your respective time (that's what catalogues are for concerning if you ask me).

-- Bryan Mohr Sr.

A superior quality publication along with the font used was fascinating to learn. I have read through and I also am certain that I am going to go through yet again again in the future. Your life period will likely be enhanced the instant you total reading this publication.

-- Donnie Rice